



### How to reach us. . .

When you call, please let us know you are calling for Project HOPE and we will connect you with a crisis counselor who knows your community and is ready to help assist you with your recovery.

#### Suffolk County

**Adelante**  
234-1049

**Clubhouse of Suffolk**  
Riverhead: 369-0022  
Ronkonkoma: 471-7242

**Family Service League**  
369-0104

**Federation of Organizations**  
669-5355

**Federation  
Employment and Guidance Service, Inc.**  
(FEGS)  
691-7080

**Hands Across Long Island**  
234-1925

Whether it's the strain of trying so hard to be strong for your family or the sheer weight of the loss, talking with a Project HOPE crisis counselor can help you understand your feelings so that you can move forward with greater certainty.

Carefully-trained Project HOPE counselors from your community offer emotional support and links to much-needed resources that can assist with your recovery.

Project HOPE crisis counselors can help you sort through your thoughts and feelings – without any judgment...

*someone to help you feel grounded*

Free and confidential,  
Project HOPE crisis counselors  
come to you

Project HOPE is funded through a grant by the Federal Emergency Management Agency (FEMA) and administered by the Substance Abuse and Mental Health Services Administration. Project HOPE is a program of the NYS Office of Mental Health.



# Helping you recover from Hurricane Sandy



# The kind and amount of support you need. . .

## Moving Forward...

Experiencing strong emotions is a normal reaction to the very unusual life challenges created by Hurricane Sandy. For many it will be a time to seek support in an effort to move forward – to begin to work through feeling overwhelmed by the responsibility and tasks of reclaiming their lives. Project HOPE's crisis counselors are carefully trained with the skills and knowledge to help you move ahead with your recovery.

## Sometimes it's emotional –

maybe you are weary and feeling uncertain about the future, getting angry quickly or maybe just having trouble concentrating on things that used to come easily or having difficulty communicating your thoughts

## Sometimes it's physical –

your stomach is upset, your body aches, you can't sleep - you want to sleep too much or maybe you're drinking more alcohol

It can help  
to have someone  
who listens,  
who you can talk with,  
who understands  
...and cares

This is what Project HOPE does



Simply put, Project HOPE helps you move forward by offering **confidential** support that helps you understand your emotional and physical reactions to the impact of Hurricane Sandy and

by providing information so you can examine your options and learn about available resources that can assist you with your recovery.

## When you need it. . .

A Project HOPE crisis counselor can confidentially speak with you about your concerns, work with you to determine how best to meet your needs, offer options and provide linkages to resources that can assist with the many facets of your recovery  
*... at a time and place that works for you.*

We provide free, confidential services anywhere, including homes, businesses, schools, colleges, houses of worship, shelters and community centers for anyone affected by Hurricane Sandy

You can have services scheduled at a time that works best for you or your group

Simply call us . . .

## Who we help. . .

- ▮ Individuals
- ▮ Families
- ▮ Schools
- ▮ Businesses
- ▮ Community Groups
- ▮ Service Organizations

*. . . always at no charge*

## How we help. . .

Individual Crisis Counseling  
Informational / Educational Support  
Group Crisis Counseling  
Public Education  
Community Networking & Support  
Resource Linkage  
Assessment  
Referral

The support is free, confidential  
- there for you  
when you need it



Listening • Understanding • Educating  
Connecting